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## "The Achiever" December 2015

Dan B. Askey  
daskey@brockport.edu

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# The Achiever

THE ARTHUR O. EVE OPPORTUNITY

The College at Brockport  
Division of  
Enrollment Management  
and Student Affairs



## FROM THE DIRECTOR:

As we approach the end of another semester it would be out of order for me not to say I told you so. To those of our new freshmen from summer program, I told you that the time would pass oh so quickly. Remember, it was not that long ago, just six months, when it was July and we were starting summer program. Now here we are, it's December and the end of the fall semester. Now the rest of us know how quickly it passes. Look at those of our students who are December graduates. They are about to get their degree. To the rest of you believe me it will also go quickly for each of you. Now with that said, what are you going to do about it? Three weeks left. The last paper and that final presentation are due. There are final exams to take. The question is will you be ready? Well you take care of business; knock it out of the park. Yes, the time is passing so don't go to sleep. Meet the challenge. I've got faith in you, each of you! Now a few final words, I hope each of you who are not graduating have pre-registered. To our December graduates, **Congratulations!** I hope you have a plan but whatever the case we are with you. I hope and pray all of you have a safe and Merry Holiday and a Happy New Year.



December 2015

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The Arthur O. Eve Opportunity for Higher Education Program  
The College at Brockport

Presents:

*37th Annual Honors & Recognition Banquet*

Saturday, April 16, 2016

Seymour College Union Ballroom 6:00pm-9:00pm



**For More information**

**Please Contact:**

**Daniel Askey, Senior Counselor**

**@ 395-5438 in room G9C Rakov**

**or e-mail [eop@brockport.edu](mailto:eop@brockport.edu)**

***Division of Enrollment Management  
and Student Affairs***

# Financial Aid NEW\$!!

**As the semester draws to a close, there are several things you need to accomplish. The successful completion of these tasks will ensure a smooth transition for your financial matters into the Spring term.**

## ***YOU MUST ACCOMPLISH THE FOLLOWING TASKS PRIOR TO THE END OF THE TERM***

- Make sure you pre-register and affirm your enrollment. You will not receive your last EOP direct check if you fail to do so.
- Make sure you carefully examine your Spring'16 student bill and financial aid award to ensure that both are accurate.
- Please review your remaining Dining Dollars balance. Always remember that any fall term balance carries over to the spring term. Any balance remaining at the end of the Spring term is forfeited.
- Make sure you address any holds on your account, prior to the winter break. Certain holds can impact your ability to register and may impact your ability to remain at Brockport.
- If you have not yet done so, make sure you complete a Federal Title IV Authorization. This form allows federal aid to pay for miscellaneous account charges.
- You are required to review the financial aid checklist with your assigned EOP counselor.

## ***YOU MUST ACCOMPLISH THE FOLLOWING TASKS STARTING IN THE WINTER BREAK***

- Make sure you know your FSA ID for the financial aid renewal process. Your parent should also request a FSA ID.
- As returning students, your FAFSA will be available starting on 1/1/16 at [www.fafsa.gov](http://www.fafsa.gov). Don't forget that there is a link to TAP (NY state aid) when you reach the end of the FAFSA application.
- You and any appropriate parent(s) must start gathering the needed income documentation as quickly as possible in January. This task is separate from when you actually file your tax forms with the government.
- If you had a Dependency Override in the past, you must obtain and complete the Dependency Override Update Request Form (form I12). You can download the form from the Office of Financial Aid's web site.
- Make sure you bring a copy of your FAFSA signature page or confirmation page to your EOP counselor.
- You need to apply for financial aid by February 28, 2016 or you will not receive your EOP direct check.
- If you and your parent(s) have filed their taxes by February 28, 2016, use the IRS Data Retrieval tool to input the income information. This tool should be available approximately two weeks after you submit your taxes. This will eliminate the need to provide a copy of the tax documents to the Financial Aid Office if requested.

Pay close attention to your B-mail. Notification will be sent if you are in danger of not meeting Federal and/or State Academic Progress standards at the end of the Spring'16 term. If you receive this B-mail, please meet with your EOP counselor to develop a plan for success





**The Achiever**

## Notes from the EOP Academic Coordinator...

Greetings EOP Scholars,

Many of you are realizing the wonderful academic supports (i.e. **EOP-One-on-One Tutoring, PAL and Writing Workshops and Student Learning Center**) that are available to you to boost, strengthen, and maintain a “healthy” GPA as well as increase your chances of academic success. KUDOS TO YOU!!! **Tutoring can make a difference!** Some of you are already attesting to the impact that tutoring is making in your learning experiences! To those in STEM and Nursing prerequisite courses, I **STRONGLY URGE YOU USE the PAL Program**, an additional layer of supports to increase your course success rate.

Remember to:

- Attend **AND** pay attention in class.
- Study smart.
- Visit your professor's office hours or schedule appointments to meet with them.
- Use academic supports to increase your chances of success.

Regards,  
Debra Joseph-McEwen  
Academic Coordinator, EOP

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# THEY WON!

**Congratulations to  
Nicson Martinez,  
Gen Arias, Wylmer Cruz Emily  
Montesino, Nandy Diego, Shakara  
Yahsharala and the rest of the *Hip  
Hop Club aka Dose of Dopeness*  
for winning first place at the  
KHAOTIK competition at SUNY Al-  
bany.  
They tore it up!!!**





## The EOP Nursing Support Group is looking for YOU!

**ONLY ONE MORE FRIDAY MEETING  
LEFT FOR THE FALL SEMESTER!!!  
DON'T MISS IT!!!**

**Meeting Schedule (same location and time)**  
**Location: Lathrop, Foundations Lab, Room 206**

**12/11**

**3:30 pm – 4:30 pm**

The EOP Nursing Support Group is designed to provide nursing intents and current students of the Nursing Program an opportunity to meet and build new relationships with each other, meet some of the faculty of the Nursing Program, acquire and discuss important information regarding the Nursing Program, discuss various careers in nursing and to share their experiences regarding issues in the field of nursing. Attendance is **MANDATORY**. Refreshments will be provided.

For more information please contact Debra Joseph-McEwen, Academic Coordinator for EOP at (585) 395-5411 or [djosephm@brockport.edu](mailto:djosephm@brockport.edu)



## GPS Mentoring Growth—Purpose—Success

Have you declared a major? Are you unsure or lack direction concerning your chosen career?

The difference between Success and Failure is the mentoring program!! You can gain self awareness, career analysis and build relationships with faculty/staff, alumni, or even people in your field.

Join GPS Mentoring Program today!! Spots are limited!!  
For more information either speak to your EOP Counselor  
or

DaNeille Kruger x5443 or [dkruger@Brockport.edu](mailto:dkruger@Brockport.edu)



# How is Social Media Impacting You?

By Sandra S. Vazquez

We are living in a world of smart phones and tablets which has changed the frequency and function of social media in the American society. Rather than waiting to give people personal updates, we can see real-time updates every few seconds using a plethora of apps and social media sites.

Sure, this technology is great for receiving instant updates and for keeping in touch with people, but how are these technologies interfering with students' lives? Experts say social media is interfering with student's day to day activities even being a factor that seems to be contributing to lower grades, mood disorders, and the general quality of their lives.

According to an article by John Gever, Managing Editor, MedPage Today (2015) he reports "Teens and young adults who are heavy users of social media are more likely to have sleep habits that go against all recommendations...". At the 2015 annual conference of the Associated Professional Sleep Societies the following studies were posted:

- Among 473 Philadelphia-area residents in their 20s, nearly all kept a mobile device near their beds and most reported using them for calls, texts, emails, or Internet functions in bed at least occasionally.
- Arkansas college students who said they made a point of checking their social media during their ostensible sleep time were significantly more likely to self-report daytime sleepiness, use of sleep medications, and impaired cognition.
- University of Texas students who said they used social media frequently were significantly more likely to show signs of sleep and mood disorders.
- Harvard students with irregular sleep patterns had lower grade-point averages than those whose sleep times were relatively invariant.

Although there are many other factors that could contribute to the lack of sleep students are experiencing, social media seems to be a competing influence. Students should challenge themselves to use social media between certain times that will not impact their sleep pattern. As we advance in our technology-oriented society, if it is used correctly, social media can be a great tool to keep student connected. More awareness about the impact of social media on daily functioning could be beneficial to helping student create a healthy balance.



## **Career Services Events you won't want to miss: Coming in the spring of 2016 Save the Dates!!!!**

### **Small Talk Demystified**

3:30-5 pm, February 10 — Seymour Union Room 220

**Etiquette Dinner** (registration fee required)

6-8 pm, February 17 — New York Room, Cooper Hall

Please stay tuned for an upcoming presentation with ESL specifically for EOP "**Deconstructing an Interview.**" Professional staff from ESL will be coming to help you learn how to master that job interview. Date will be announced in January of 2016.  
Have a wonderful winter break! - Lisa Jones, EOP Counselor



## **DJ CHAOTIC TYGGA TY**

**Hometown:** Rochester, NY

**Major:** Journalism/Broadcasting

**Career goals:** To be a maximum DJ.

We have an absolute star in the house our very own Tyshon Davis (AKA DJ Chaotic Tygga Ty) was prominently featured in the 11/18/15 issue of "The Stylus." Tygga is quickly establishing himself as the hottest DJ in the area. The EOP family is very proud of our star.



## **Will Dillard Jackson**

**Major:** Dance

**Career Goal:** Performer Extraordinaire

**Home Town:** Rochester

**Counselor:** Dan

Will gave a rousing performance in the college's recent presentation of Danscore. He exhibited talent, style and grace which was a wonder to behold. When you see Will say congratulations to one of the EOP family's brightest stars.



## **Lorraine Pemberton**

**Major:** English and a Bachelor's of Science in Criminal Justice

**Career Goal:** Scotland Yard

**Home Town:** NYC

**Counselor:** Amber

Lorraine is a new inductee to the Chi Alpha Epsilon (XAE) National Honor Society. For four consecutive semesters, she has been on the Dean's List. In her "down time", she has been a leader and facilitator with Global Kids since 2011. This coming summer she will be presenting her work at the 30th Annual National Conference on Undergraduate Research and she is applying to be a summer intern at the University of Maryland Summer Research Initiative to Increase Diversity.



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## **Congratulations Fall 2015 XAE Inductees**



**Inducted at the  
8<sup>th</sup> Annual XAE Private/  
Public  
Induction Ceremonies  
Nov. 13, 2015!!!**

Dana Aulogia	Marina Bah
Solana Crittenden	Albert Gonzalez
Shanelle Oduro	Gertrude Offei
Jasmine Owusuaah	Lorraine Pemberton
Diana Perla	Jesus Rodriguez
Kairy Rodriguez	Jasmine Santiago
Tatyana Benoit	



(Included from Spring 2015 Private Induction – Charles Alford,  
Elizabeth McCuller, Jasmine Sanders, Lisa Jones and Amorette Shaw)

**\*\*Look for future information regarding XAE for Spring 2016!!!\*\***